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**IN THE CLAIMS:**

1. (currently amended) A method of communicating dietary information between a user and a database comprising:

storing dietary information on a database;

searching the dietary information database comprised of a menu/recipe database, a personal database, a nutritional database, and a medication database to identify specific dietary information meeting user criteria;

manipulating the information to provide a table of dietary information;

transmitting specific dietary information from said table of dietary information accessible to the user from the database over an internet; and

transmitting user assessments of the dietary information to the dietary information database for access by future users over the internet.

2. (cancelled).

3. (previously amended) The method of claim 1 wherein manipulating the information further comprises evaluating the interaction between the dietary information and medication information and said table of information includes drug/food contraindications.

4. (currently amended) An apparatus communicating dietary information between a user and a database comprising:

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an internet data network;

a plurality of databases comprised of a menu/recipe database, a personal database, a nutritional database, and a medication database operably connected to said internet data network;  
and

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a computer operably connected to said plurality of databases via said internet data network, said computer having a storage area, wherein said computer searches said plurality of databases to identify information relating to a plurality of factors as specified by a user of said computer, said databases transmit said identified information to said storage area of said computer via said internet data network, and said computer manipulates said transmitted information to provide a summary of appropriate dietary information based on said plurality of factors;

wherein said plurality of factors include anthropometric, metabolic, life stage, and dietary prescription data.

5. (original) The apparatus of claim 4 wherein said server computer transmits a location in said storage area containing said dietary information to said user computer.

6. (original) The apparatus of claim 4 wherein said storage area comprises a personal data question template.

7. (cancelled).

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8. (cancelled).

9. (cancelled).

10. (cancelled).

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11. (previously added) The method of claim 1 wherein said user criteria comprises anthropometric data.

12. (previously added) The method of claim 1 wherein said user criteria comprises metabolic data.

13. (previously added) The method of claim 1 wherein said user criteria comprises food preferences data.

14. (previously added) The method of claim 1 wherein said user criteria comprises health status data.

15. (previously added) The method of claim 1 wherein said user criteria comprises food allergies data.

16. (previously added) The method of claim 1 wherein said user criteria comprises life stage

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data.

17. (previously added) The method of claim 1 wherein said user criteria comprises dietary prescription data.

18. (previously added) The method of claim 1 wherein said user criteria comprises cooking complexity data.

19. (previously added) The apparatus of claim 4 wherein said user criteria comprises food preferences data.

20. (previously added) The apparatus of claim 4 wherein said user criteria comprises health status data.

21. (previously added) The apparatus of claim 4 wherein said user criteria comprises food allergies data.

22. (previously added) The apparatus of claim 4 wherein said user criteria comprises cooking complexity data.